15 SLOW COOKER FAVORITES



Pork Posole and Corn Bread Stew
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FamilyCircle®

Indian-Spiced Chicken Thighs

MAKES 4 servings
PREP 15 minutes **SLOW COOK** on HIGH for 3 hours, 15 minutes or LOW for 5 hours, 15 minutes

- **3 pounds boneless, skinless chicken thighs**
- **2 onions, thinly sliced**
- **3 garlic cloves, minced**
- **½ cup golden raisins**
- **1¾ teaspoons garam masala**
- **½ teaspoon salt**
- **¼ teaspoon black pepper**
- **1 cup low-sodium chicken broth**
- **½ cup plain yogurt**
- **2 tablespoons cornstarch**
- **⅓ cup toasted slivered almonds**
- **2 cups cooked basmati rice (optional)**

① Combine chicken, onions, garlic, raisins, 1 teaspoon of the garam masala, ¼ teaspoon of the salt, the pepper and broth in slow cooker bowl. Cover and cook on HIGH for 3 hours or LOW for 5 hours.

② In a small bowl, stir together the remaining ¾ teaspoon garam masala, remaining ¼ teaspoon salt, the yogurt and cornstarch. Remove chicken to a platter and keep warm.

③ Whisk yogurt mixture into slow cooker bowl and cover; cook an additional 15 minutes or until sauce has thickened. Stir in almonds and serve sauce with chicken over rice, if desired.

PER SERVING 621 calories, 24 g fat (5 g sat.), 333 mg cholesterol, 717 mg sodium, 33 g carbohydrate, 3 g fiber, 73 g protein



Get more chicken recipes at familycircle.com/slowcookerchicken



Pineapple Ginger-Glazed Pork Chops

MAKES 4 servings **PREP** 10 minutes **COOK** 7 minutes
SLOW COOK on HIGH for 3 hours

- **⅓ cup crushed pineapple**
- **3 tablespoons ketchup**
- **3 tablespoons low-sodium soy sauce**
- **1½ tablespoons grated fresh ginger**
- **1 tablespoon packed light-brown sugar**
- **1 tablespoon olive oil**
- **4 bone-in pork chops, about 1 inch thick (2½ pounds)**
- **¼ teaspoon salt**
- **¼ teaspoon black pepper**
- **1 large sweet red pepper, seeded and thinly sliced**
- **1 tablespoon cornstarch**
- **1½ cups fresh pineapple chunks, cut into ⅓-inch pieces**
- **2 cups cooked white rice (optional)**

① In a small bowl, stir crushed pineapple, ketchup, soy sauce, ginger and brown sugar; set aside.

② Heat oil in a large nonstick skillet over medium-high heat. Sprinkle pork with salt and pepper; cook 2 to 3 minutes per side. Place chops in slow cooker; top with red pepper. Pour in ⅔ cup ketchup mixture and cover; cook on HIGH for 3 hours.

③ Remove chops to a platter. Combine remaining ketchup mixture, cornstarch and pineapple chunks. Pour liquid from slow cooker into a saucepan; bring to a boil over medium-high heat. Whisk in ketchup mixture; cook 1 minute. Serve pork with sauce, and rice, if desired.

PER SERVING 524 calories, 31 g fat (10 g sat.), 135 mg cholesterol, 135 mg sodium, 19 g carbohydrate, 2 g fiber, 40 g protein

Vegetarian Mexican Lasagna

MAKES 8 servings **PREP** 15 minutes
SLOW COOK on HIGH for 3½ hours or LOW for 6 hours

- **1 head cauliflower, cored**
- **3 plum tomatoes, chopped**
- **1 can (15.5 ounces) black beans, rinsed and drained**
- **1 cup corn kernels**
- **⅓ cup chopped cilantro**
- **2 teaspoons chili powder**
- **2 teaspoons ground cumin**
- **3½ cups shredded Monterey Jack cheese**
- **1 jar (16 ounces) tomatillo salsa**
- **6 fajita-size flour tortillas**
- **Sour cream (optional)**

① Cut cauliflower into florets and slice them into ½-inch-thick slices (you should have about 6 cups). Place cauliflower, tomatoes, beans, corn and cilantro in a large bowl. Sprinkle with chili powder and cumin and stir to combine.

② Coat inside of an oval slow cooker bowl with nonstick cooking spray. Spread a scant 3 cups cauliflower mixture over bottom of slow cooker, then sprinkle with 1 cup Monterey Jack cheese and a generous ½ cup salsa over top. Place 2 tortillas on top. Repeat layering two more times, setting aside last 2 tortillas. Cut these tortillas into 2-inch pieces and scatter over top.

③ Cover and cook on HIGH for 3 hours or LOW for 5½ hours or until cauliflower is tender. Top with remaining ½ cup cheese. Cover and cook another 30 minutes or until cheese has melted. Let sit for 10 minutes, then serve with sour cream, if desired.

PER SERVING 362 calories, 18 g fat (10 g sat.), 44 mg cholesterol, 1,011 mg sodium, 30 g carbohydrate, 6 g fiber, 19 g protein



Pork Posole and Corn Bread Stew

MAKES 8 servings **PREP** 15 minutes
COOK 16 minutes **SLOW COOK** on HIGH for 4½ hours or LOW for 6½ hours

- 3 **pounds boneless pork shoulder, well trimmed and cut into 1-inch chunks**
- ½ **teaspoon salt**
- ½ **teaspoon black pepper**
- 1 **tablespoon canola oil**
- 4 **large carrots, cut into ¼-inch pieces**
- 2 **onions, chopped**
- 2 **tablespoons flour**
- 3 **teaspoons chili powder**
- 1 **teaspoon dried oregano**
- 4 **cloves garlic, minced**
- 1½ **cups low-sodium chicken broth**
- 1 **box (8.5 ounces) corn muffin mix**
- 2 **eggs**
- **Zest of 1 lime**
- 2 **tablespoons plus 1 teaspoon chopped cilantro**
- 1 **can (15 ounces) white hominy, rinsed and drained**
- 1 **tablespoon lime juice**

① Sprinkle pork with ¼ teaspoon each salt and pepper. Heat oil in a large skillet over medium-high heat. Cook pork for 5 minutes, stirring often, in batches, or until browned. Remove pork to slow cooker.

② Add carrots and onions to skillet and sprinkle with ¼ teaspoon each salt and pepper; cook for 5 minutes, stirring often. Stir in flour, chili powder, oregano and garlic; cook 1 minute then add to slow cooker. Pour broth into skillet and bring to a boil; pour into slow cooker. Cover; cook on HIGH for 4½ hours or LOW for 6½ hours.

③ When there is 1 hour cook time remaining, stir together corn muffin mix, eggs, lime zest, 1 teaspoon cilantro and ¼ **cup water**. Remove cover; stir in hominy, lime juice and 2 tablespoons cilantro. Dollop corn muffin mixture on top. Place cotton dish towel over slow cooker bowl then top with cover; cook for remaining cook time or until top is firm.

PER SERVING 455 calories, 17 g fat (6 g sat.), 159 mg cholesterol, 960 mg sodium, 38 g carbohydrate, 3 g fiber, 37 g protein



Get more pork recipes at **familycircle.com/slowcookerpork**

Chicken Paprikash

MAKES 6 servings **PREP** 15 minutes **SLOW COOK** on HIGH for 4 hours or LOW for 6½ hours

- **1½ pounds boneless, skinless chicken thighs, cut into 1-inch pieces**
- **2 tablespoons all-purpose flour**
- **½ pound fresh green beans, trimmed and cut into 2-inch pieces**
- **1 cup frozen pearl onions, thawed**
- **2 cans (8 ounces each) tomato sauce**
- **3 tablespoons paprika**
- **¼ teaspoon salt**
- **¼ teaspoon pepper**
- **¾ cup reduced-fat sour cream**
- **Cooked egg noodles, for serving**

① Coat slow cooker bowl with nonstick cooking spray. In medium-size bowl, toss the chicken thighs with flour. Combine in slow cooker with green beans, onions, tomato sauce and **1 cup water.** Stir to blend, then add 1 tablespoon of the paprika, the salt and pepper.

② Cover slow cooker and cook on HIGH for 4 hours or LOW for 6½ hours.

③ In a small bowl, whisk sour cream with remaining 2 tablespoons paprika. Scoop ½ cup sauce from slow cooker and gradually whisk into sour cream. Slowly stir sour cream mixture into slow cooker. Serve paprikash over noodles.

PER SERVING 366 calories, 16 g fat (6 g sat.), 189 mg cholesterol, 896 mg sodium, 21 g carbohydrate, 6 g fiber, 39 g protein



Get more chicken recipes at familycircle.com/slowcookerchicken



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Spinach, Chicken and Feta Quiche

MAKES 8 servings **PREP** 10 minutes **SLOW COOK** on LOW for 6 hours

- **1 package (1 pound) ground chicken**
- **1 package (10 ounces) frozen chopped spinach, thawed and squeezed dry**
- **6 ounces feta cheese, crumbled (about 1¼ cups)**
- **⅓ cup fresh dill, chopped**
- **2 tablespoons onion flakes**
- **6 large eggs**
- **1 can (12 ounces) evaporated milk**
- **½ teaspoon salt**
- **¼ teaspoon pepper**
- **1 cup Heart Smart Bisquick**

① Coat a 5- or 6-quart slow cooker bowl with nonstick cooking spray.

② In a large bowl, combine chicken, spinach, feta, dill and onion flakes. Stir until evenly blended.

③ In bowl, whisk eggs, milk, salt and pepper. Stir into chicken mixture. Fold in Bisquick. Pour into prepared slow cooker. Cook on LOW for 6 hours. Remove slow cooker insert to wire rack, cut quiche into wedges and serve.

PER SERVING 394 calories, 21 g fat (8 g sat.), 326 mg cholesterol, 950 mg sodium, 22 g carbohydrate, 2 g fiber, 31 g protein



Harvest Pot Roast

MAKES 8 servings **PREP** 10 minutes
COOK 13 minutes
SLOW COOK on HIGH for 6 hours or
LOW for 8 hours

- 3 **pounds boneless chuck roast, trimmed and blotted dry**
- 1 **teaspoon dried thyme**
- ½ **teaspoon salt**
- ¼ **teaspoon black pepper**
- 1 **tablespoon canola oil**
- 1 **medium-size onion, thinly sliced**
- 1 **tablespoon tomato paste**
- 2 **tablespoons all-purpose flour**
- ½ **cup red wine**
- ½ **cup low-sodium beef broth**
- 4 **medium-size carrots, peeled, quartered lengthwise and cut into 1-inch pieces**
- 3 **ribs celery, cut into 1-inch pieces**
- 1½ **pounds new potatoes, scrubbed and quartered**

① Sprinkle roast with ¼ teaspoon each thyme, salt and pepper. Heat oil in a large nonstick skillet over medium-high heat. Cook roast 1 to 2 minutes per side or until browned; transfer roast to slow cooker.

② Reduce heat to medium and add onion to skillet; cook 3 minutes or until softened. Stir in tomato paste and cook 1 minute, stirring constantly. Stir in flour and cook, stirring constantly, for 1 minute. Whisk in wine, broth and **1½ cup water**; bring to a boil. Pour liquid into slow cooker over beef and cook on HIGH for 3 hours or LOW for 4 hours.

③ Remove meat from slow cooker and stir in carrots, celery, potatoes and remaining ¾ teaspoon thyme. Return meat to slow cooker on HIGH for 3 more hours or 4 hours on LOW.

④ Remove meat from slow cooker; slice. Stir remaining ¼ teaspoon salt into liquid. Serve roast with vegetables and sauce.

PER SERVING 354 calories, 10 g fat (3 g sat.), 82 mg cholesterol, 251 mg sodium, 23 g carbohydrate, 3 g fiber, 38 g protein

Asian-Style Ribs

MAKES about 15 ribs **PREP** 15 minutes **COOK** 2 minutes
SLOW COOK on HIGH for 6 hours

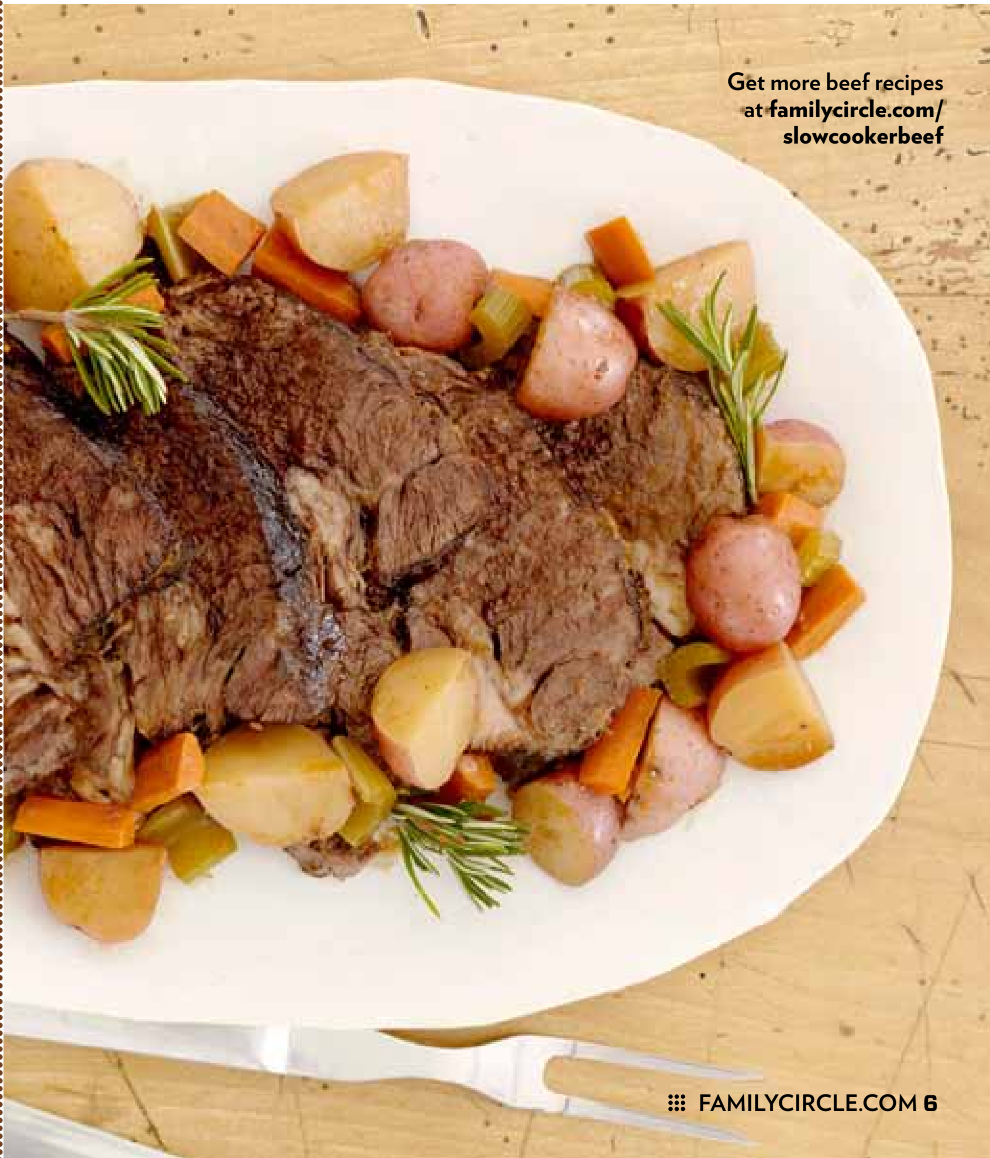
- ⅔ **cup packed light-brown sugar**
- ½ **cup low-sodium soy sauce**
- 2 **tablespoons sesame oil**
- 2 **tablespoons rice vinegar**
- 2 **tablespoons minced fresh ginger**
- 4 **cloves garlic, crushed**
- ½ **teaspoon red pepper flakes**
- 1 **rack pork ribs (about 3 pounds) cut into sections of 3 to 4 ribs**
- 2 **tablespoons cornstarch**
- 3 **scallions, trimmed and thinly sliced**
- 1 **teaspoon sesame seeds**

① In a small bowl, blend sugar, soy sauce, sesame oil, vinegar, ginger, garlic and red pepper.

② Place ribs in slow cooker bowl; add sauce. Cover; cook on HIGH for 6 hours or until meat is tender.

③ Transfer ribs to a platter. Strain sauce and discard excess fat. Combine cornstarch and **¼ cup water**; blend with sauce in a saucepan. Bring to a boil over high heat and cook for 2 minutes, stirring, until thickened. Top ribs with ½ cup of sauce, scallions and sesame seeds; serve with remaining sauce.

PER SERVING 324 calories, 23 g fat (8 g sat.), 73 mg cholesterol, 395 mg sodium, 12 g carbohydrate, 0 g fiber, 15 g protein





Slow Cooker Ratatouille

Get more vegetarian recipes at **familycircle.com/ slowcookervegetarian**

MAKES 6 servings **PREP** 15 minutes
COOK on HIGH for 3 hours or LOW for 5 hours
LET STAND 20 minutes

- 1 **small eggplant (about 1 pound), peeled and cut into ½-inch cubes**
- ⅛ **teaspoon plus ¼ teaspoon salt**
- 1 **medium-size red onion, chopped**
- 2 **medium-size sweet bell peppers, seeded and cut into ¾-inch pieces**
- 1 **package (10 ounces) mushrooms, cleaned and quartered**
- 1 **can (14.5 ounces) diced tomatoes**
- 1 **can (8 ounces) tomato sauce**
- ¾ **teaspoon black pepper**
- ½ **teaspoon Italian seasoning**
- 1 **medium-size yellow squash, quartered and cut into ¾-inch pieces**
- 1 **tablespoon fresh chopped basil**
- **Olive oil, for drizzling (optional)**

① Place eggplant in a strainer and sprinkle with ⅛ teaspoon salt; let stand for 20 minutes and press out as much liquid as possible.

② In a 4- to 5-quart slow cooker, combine eggplant, onion, bell peppers and mushrooms. Drain diced tomatoes and stir in along with tomato sauce, black pepper and Italian seasoning. Cook on HIGH for 3 hours or LOW for 5 hours.

③ Add squash into slow cooker for last 45 minutes of cooking time. Before serving, stir in basil and remaining ¼ teaspoon salt and drizzle with olive oil, if desired.

PER SERVING 82 calories, 0 g total fat (0 g sat.), 0 mg cholesterol, 446 mg sodium, 18 g carbohydrate, 6 g fiber, 5 g protein

Beer-Braised Short Ribs

MAKES 8 servings
PREP 10 minutes
COOK 7 minutes
SLOW COOK on HIGH for 5 hours or LOW for 7 hours

- **4 pounds bone-in short ribs, trimmed**
- **½ teaspoon salt**
- **½ teaspoon black pepper**
- **1 tablespoon olive oil**
- **1 medium-size onion, chopped**
- **½ cup low-sodium beef broth**
- **1¼ cups dark beer (such as Guinness Draught)**
- **1 tablespoon packed light-brown sugar**
- **½ teaspoon dried thyme**
- **2 cups baby carrots**
- **8 ounces white mushrooms, cleaned and quartered**
- **2 tablespoons cornstarch**
- **1 tablespoon spicy brown mustard**
- **Cooked egg noodles (optional)**

① Blot ribs dry with paper towels. Sprinkle with ¼ teaspoon *each* salt and black pepper. Heat oil in a large nonstick skillet over medium-high heat. Cook meat for 5 minutes, turning once halfway through, in batches if necessary. Transfer to slow cooker.

② Add onion to skillet and cook, 2 minutes, stirring often. Add broth, 1 cup of the beer, the sugar and thyme to skillet. Bring to a boil, then pour over meat. Cover and cook on HIGH for 3½ hours or LOW for 4½ hours.

③ Stir carrots and mushrooms into slow cooker. Cook on HIGH an additional 1¼ hours or LOW an additional 2¼ hours.

④ Whisk together remaining ¼ cup beer, ¼ teaspoon *each* salt and pepper, and the cornstarch and mustard. Whisk into slow cooker. Replace cover and cook 15 more minutes or until sauce has thickened. Serve over egg noodles, if desired.

PER SERVING 465 calories, 25 g fat (10 g sat.), 134 mg cholesterol, 331 mg sodium, 10 g carbohydrate, 1 g fiber, 44 g protein



Get more beef recipes at familycircle.com/slowcookerbeef

Slow Cooker Italian Wedding Soup

MAKES 8 servings **PREP** 15 minutes
SLOW COOK on LOW for 6 hours

- **1 egg, lightly beaten**
- **¾ pound lean ground beef**
- **½ cup finely chopped onion**
- **3 tablespoons plain bread crumbs**
- **3 tablespoons grated Parmesan cheese**
- **2 tablespoons chopped fresh parsley**
- **¾ teaspoon salt**
- **½ teaspoon black pepper**
- **8 cups low-sodium chicken broth**
- **3 large carrots, chopped**
- **1 small head escarole (8 ounces), washed, trimmed and cut into ½-inch strips**
- **1½ teaspoons dried oregano**
- **1¾ cups acini di pepe pasta (such as Ronzoni)**

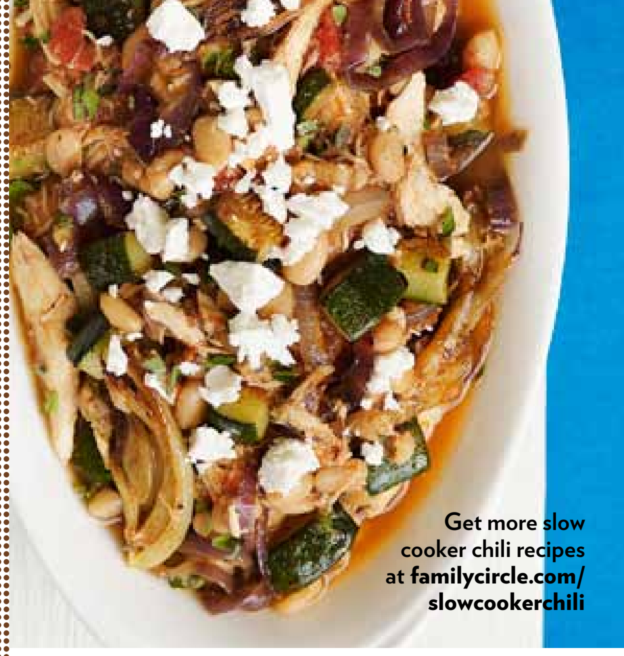
① In a large bowl, stir together egg, beef, onion, bread crumbs, 1 tablespoon Parmesan, 1 tablespoon parsley and ¼ teaspoon *each* of the salt and pepper. Form into 1-inch meatballs (about 45) and place on baking sheet; refrigerate while preparing soup.

② Combine broth, carrots, escarole and oregano in slow cooker. Gently add meatballs. Cover and cook on LOW for 6 hours. Stir in pasta for last 20 minutes of cook time. Stir in remaining ½ teaspoon salt and ¼ teaspoon pepper. Sprinkle each serving with remaining parsley and Parmesan cheese and serve.

NUTRITION FACTS PER SERVING 175 calories, 3 g fat (1 g sat.), 41 mg cholesterol, 681 mg sodium, 25 g carbohydrate, 3 g fiber, 12 g protein



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Get more slow cooker chili recipes at **familycircle.com/slowcookerchili**

Mediterranean Roasted Vegetable and Chicken Chili

MAKES 6 servings **PREP** 10 minutes **SLOW COOK** on HIGH for 4 hours, 15 minutes or LOW for 6 hours, 15 minutes **ROAST** at 425° for 35 minutes

- **2 pounds bone-in chicken breasts, skin removed**
- **2 cans (15.5 ounces each) Great Northern beans drained and rinsed**
- **1 can (14.5 ounces) diced tomatoes, drained**
- **3 tablespoons Greek seasoning**
- **2 teaspoons paprika**
- **1 cup low-sodium chicken broth**
- **2 zucchinis, cut into ½-inch pieces**
- **1 red onion, thinly sliced**
- **1 fennel bulb, trimmed, cored and sliced**
- **3 cloves garlic, minced**
- **2 tablespoons olive oil**
- **2 tablespoons lemon juice**
- **1 tablespoon chopped fresh oregano**
- **1 teaspoon lemon zest**
- **¼ teaspoon salt**
- **⅓ cup crumbled feta cheese (optional)**

① Combine chicken, beans, tomatoes, 2 tablespoons of the Greek seasoning and 1 teaspoon of the paprika in slow cooker; add broth and **1 cup water**. Cover; cook on HIGH for 4 hours or LOW for 6 hours.

② When there is 1 hour of cook time remaining, heat oven to 425°. In a large roasting pan, toss together 2 teaspoons of the Greek seasoning, 1 teaspoon paprika, zucchinis, onion, fennel, garlic and olive oil. Roast at 425° for 35 minutes, stirring twice. Stir in lemon juice, oregano and zest.

③ Remove chicken; shred into bite-size pieces. Discard bones and stir chicken back into slow cooker. Stir in vegetables, remaining 1 teaspoon Greek seasoning and salt; cook an additional 15 minutes. Sprinkle with feta cheese, if desired.

PER SERVING 300 calories, 6 g fat (1 g sat.), 71 mg cholesterol, 619 mg sodium, 29 g carbohydrate, 9 g fiber, 37 g protein

Slow Cooker Corn and Crab Chowder

MAKES 4 servings **PREP** 15 minutes
SLOW COOK on HIGH for 5 hours or LOW for 7 hours

- **2 cans (14.5 ounces each) low-sodium, 99% fat-free chicken broth (3½ cups)**
- **½ pound all-purpose potatoes, peeled and diced**
- **1 cup baby carrots, cut into ¼-inch pieces**
- **1 medium-size onion, chopped**
- **2 ribs celery, trimmed and diced**
- **½ teaspoon fresh thyme leaves, chopped**
- **¼ teaspoon Old Bay seasoning**
- **5 ears corn, husks removed**
- **1 sweet red pepper, seeded and diced**
- **1 can (12 ounces) evaporated skim milk**
- **2 tablespoons cornstarch**
- **¼ teaspoon salt**
- **1 container (8 ounces) pasteurized crab claw meat (such as Phillips)**

① Combine chicken broth, potatoes, carrots, onion, celery, thyme and Old Bay in a large oval slow cooker. Place corn on top of vegetables. Cover and cook on HIGH for 4 hours or LOW for 6 hours.

② In a bowl, stir together red pepper, evaporated milk, cornstarch and salt.

③ Uncover slow cooker and remove corn to a cutting board. Stir red pepper mixture into slow cooker, replace cover and cook on either HIGH or LOW for 1 hour.

④ Meanwhile, when cool enough to handle, cut kernels from cobs. Stir corn kernels and crabmeat into soup and heat through. Serve warm.

PER SERVING 340 calories, 5 g fat (0 g sat.), 61 mg cholesterol, 921 mg sodium, 54 g carbohydrate, 5 g fiber, 27 g protein



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Apple Crisp

MAKES 8 servings **PREP** 10 minutes
COOK on HIGH for 2 hours or LOW for 4 hours

TOPPING
- ½ **cup all-purpose flour**
- ¼ **cup packed light-brown sugar**
- ¼ **cup granulated sugar**
- ¼ **teaspoon cinnamon**
- ⅛ **teaspoon nutmeg**
- **Pinch salt**
- 4 **tablespoons cold unsalted butter, cut into pieces**
- ½ **cup chopped pecans**

FILLING
- 3 **tablespoons granulated sugar**
- 2 **teaspoons lemon juice**
- 1½ **teaspoons cornstarch**
- ¼ **teaspoon ground ginger**
- ¼ **teaspoon ground cinnamon**
- 6 **large Granny Smith apples, peeled, cored and cut into ½-inch wedges (10 cups)**
- **Vanilla ice cream (optional)**

① Coat 2- to 4-quart slow cooker bowl with nonstick cooking spray; set aside.

② **Topping.** In a small bowl, mix together flour, sugars, cinnamon, nutmeg and salt. Add butter; work into flour mixture using a pastry blender or fingers until coarse crumbs form. Stir in pecans and set aside.

③ **Filling.** In a large bowl, whisk together sugar, lemon juice, cornstarch, ginger and cinnamon. Stir in apples; toss to coat.

④ Spoon apple mixture into slow cooker and sprinkle topping over it. Cover and cook on HIGH for 2 hours or LOW for 4 hours, or until apples are tender. Serve with vanilla ice cream, if desired.

PER SERVING 240 calories, 11 g fat (4 g sat.), 15 mg cholesterol, 41 mg sodium, 37 g carbohydrate, 4 g fiber, 2 g protein



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Butterscotch Pudding Cake

MAKES 8 servings **PREP** 15 minutes
SLOW COOK on HIGH for 2½ hours

- 1 **cup all-purpose flour**
- 1 **package (3 ounces) cook-and-serve butterscotch pudding mix**
- ¼ **cup sugar**
- 2 **teaspoons baking powder**
- ¼ **teaspoon salt**
- ¾ **cup milk**
- 2 **tablespoons canola oil**
- 1 **tablespoon vanilla extract**
- ½ **cup butterscotch chips**
- 3 **tablespoons butterscotch sauce**
- ½ **cup sugar**
- 1⅓ **cups boiling water**
- **Whipped cream (optional)**

① Coat slow cooker bowl with nonstick cooking spray.

② In medium-size bowl, whisk together the flour, pudding mix, sugar, baking powder and salt. Make a well in the center and add milk, canola oil and vanilla. Gently stir until batter is smooth. Stir in butterscotch chips. Pour evenly into slow cooker bowl.

③ **Topping.** In a small bowl, stir the butterscotch sauce and the sugar together; pour in 1⅓ cups boiling water and stir until smooth. Pour over batter in slow cooker. Cover and cook on HIGH for about 2½ hours or until cake is puffed and top layer is set. Let stand, covered, 30 minutes before serving. Serve with whipped cream, if desired.

PER SERVING 319 calories, 8 g fat (4 g sat. fat), 2 mg cholesterol, 277 mg sodium, 56 g carbohydrate, 1 g fiber, 3 g protein